

Why doesn't she just leave?

It's not as easy as you might think. They may choose to stay with an abusive partner for a variety of reasons. They may:

- Still love their partner
- Fear the consequences or losing their children
- Worry about money, housing or feeling lonely
- Feel safer knowing where their partner is and what they might be thinking

Whatever the reason, if you know someone who is experiencing domestic abuse, it is important that you allow them to make their own choices, in their own time.

It doesn't always end when they leave

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<https://equallysafefalkirk.co.uk>

Helping a friend or relative who is experiencing domestic abuse

They might not feel ready or able to talk about what's happening.

Tell them know you have noticed something isn't right

Be patient, try to find quiet, safe times and let them know they can talk to you if they need to

Listen - don't blame or judge

Reassure them that what is happening is not their fault

Acknowledge their strength - it takes courage to talk about what is happening to them

Praise them for any actions they have taken to stay safe

Encourage them to express their feelings

Acknowledge their right to make their own decisions
Don't tell them to leave the relationship - accept that is their decision

Encourage them to seek help, or medical advice if appropriate - and offer to support them to do so

If you believe them to be at imminent risk of harm dial 999

Contact us – we can help!

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